

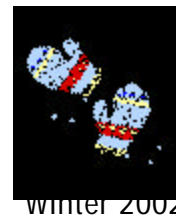


State of New Jersey  
James E. McGreevey  
Governor

Department of  
Community Affairs  
Susan Bass Levin  
Commissioner

Office of Recreation  
Patricia Swatz  
Supervisor

# Recreation & Leisure Review

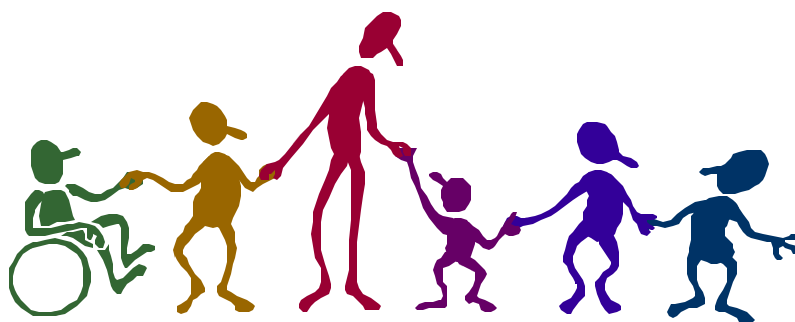
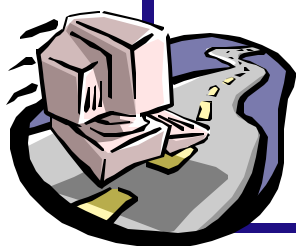


## Spark Up Your Life

To light a spark in you life, check out the web site [sparkpeople.com](http://sparkpeople.com). SparkPeople gives you a personalized plan of action to channel the power you have within you. There are four categories that offer you a macro variety of choices. They are: Body, Mind, Spirit and Outreach. In the Body category, you can find information on Fitness, Nutrition, Sleep, Breathing and General Health. In Mind, Personal Leadership, Stress Management, Creativity, Goal Setting and Consistency are included. Spirit includes Purpose and Values/Beliefs; and Outreach includes Public Leadership, Mentoring and Community Service.

**Don't  
forget...**

**to visit  
the website  
[sparkpeople.com](http://sparkpeople.com)**



## Come Join Us

The 23rd annual Governor's Conference on Recreation for Individuals with Disabilities will be held Thursday, May 16, 2002 at the Princeton Marriott Hotel in Forrestal Village, Princeton, NJ, from 9 to 4. The Conference is sponsored by the New Jersey Recreation & Park Association, the New Jersey Commission on Recreation for Individuals with Disabilities, and Chase Manhattan Bank. Our Keynote speaker is Richard Ruffalo. Rich is a master motivator, author, educator, and internationally recognized athlete who inspires a wide range of audiences everywhere. He is a true role model for all ages.

At age 32, Rich lost his eyesight but never lost his "vision." At the Walt Disney Company-McDonald's American Teacher Awards, he was named both the Outstanding Coach of the Year and the Outstanding Teacher of the Year for 1995. Vice President Al Gore presented the awards to him on national television.

Rich was the winner of four world titles in shot put, discus, javelin, and power lifting. He has 14 international gold medals, won 29 national titles, set 9 world and 15 national records and has won 13 USA Track and Field K-2ster's State Titles against sighted competitors.

*Continued on page 2.*

**There are two primary choices in life:  
to accept conditions as they exist,  
or accept the responsibility for changing  
them. - Dr. Denis Waitley**

## Witan On The Web

[www.addwarehouse.com](http://www.addwarehouse.com)  
[www.amputeehockey.org](http://www.amputeehockey.org)  
[www.att.com/ralay/nj/](http://www.att.com/ralay/nj/)  
[www.beijingwushuteam.com](http://www.beijingwushuteam.com)  
[www.cpssc.gov](http://www.cpssc.gov)  
[www.crisscrosstech.com](http://www.crisscrosstech.com)  
[www.dictionary.com](http://www.dictionary.com)  
[www.enablelink.com](http://www.enablelink.com)  
[www.evelyn.co.uk](http://www.evelyn.co.uk)  
[www.fema.gov/kids](http://www.fema.gov/kids)  
[www.gauladet.edu](http://www.gauladet.edu)  
[www.icderi.org](http://www.icderi.org)  
[www.ntwh.org](http://www.ntwh.org)  
[www.ontimetransport.com](http://www.ontimetransport.com)  
[www.recreationtherapy.com](http://www.recreationtherapy.com)  
[www.richruffalo.com](http://www.richruffalo.com)  
[www.sledhockey.org](http://www.sledhockey.org)  
[www.specialhockeyinternational.org](http://www.specialhockeyinternational.org)  
[www.taichichih.org](http://www.taichichih.org)



## Join Us...continued

Rich was named New Jersey's Teacher of the Year in 1998.

We are honored that Rich will be joining us. He was a winner of the 1989 Alvin Sloodsky Exemplary Recreation Lifestyle for an Individual Award, presented by the New Jersey Commission on Recreation for Individuals with Disabilities. For some insight into his accomplishments, check out his website at [www.richruffalo.com](http://www.richruffalo.com).

The Unlimited Potential Theatre Company has agreed to present a lunchtime performance at the Conference. Education Sessions will include Color Therapy, Managing Stress, Tai Chi, and a presentation regarding Recreation/Sports by our Keynote Speaker.

# Senior Synergy



At the Atlantic Club, a fitness facility in Manasquan, N.J., nearly half of the members are 50 and up, a group the club refers to as "A.C.E.S.-friendly," -All Can Exercise Successfully. In addition to favorites like aqua aerobics, yoga and tai chi, some classes are geared specifically toward an older exerciser, such as light aerobics, chair aerobics and classes on balance and flexibility; key qualities for staying mobile with age.

Other popular activities with older members at fitness clubs and seniors centers around the country include dancing, stationary workouts on recumbent bikes and climbers, and "functional fitness: classes that incorporate strength-training, balance and other exercises geared toward keeping the participant strong, flexible and better able to recover from potentially devastating trips and falls."

According to Jesse Jones, a professor of kinesiology and co-director of the Center for Successful Aging at California State University, "...while we gradually lose muscle mass and strength throughout adulthood, the declines are sharpest in the retirement years. From ages 60 to 90, physical ability declines about 10 percent per decade." She stresses that chronological age doesn't necessarily correlate to biological or "functional" age. You might be 80 years old, but you function at the physical level of a 60 year old. Those who exercise at least three times a week for at least 30 minutes each time have 50 percent less loss in functional ability between the ages of 60 and 90. What that means is that you save 15 years on your functional age if you exercise moderately each week."

Before starting an exercise program, older exercisers should always check with their doctors. Always start slow and gradually increase your activity level.

Experts say investing in some sessions with a personal trainer can be invaluable, especially for people with pre-existing medical conditions. Be sure to seek a trainer with expertise in senior fitness.

Last but certainly not least, check with senior centers and other organizations about mental fitness activities as well. Go play cards, or one or more of the myriad of board games available; or join a computer club and surf the web. The possibilities for your well-being are endless. Just take the first step toward a healthier lifestyle. You won't be sorry you did. It's never too late!

**True enjoyment comes from activity of the mind and exercise of the body; the two are ever united. - Humboldt**

## Commission Cachet

The New Jersey Commission on Recreation for Individuals with Disabilities is housed within the New Jersey Department of Community Affairs. It functions to promote and assist the development and implementation of recreation and leisure services for the individuals with disabilities in the communities of New Jersey.

Angelo Montagnino, or "Monte" has served with distinction on the Commission since its inception.

Monte taught health and physical education at the Sherwood School, Inc. from September 1963 through June 1971. He was the Physical Education instructor and later the Program Director of the New Jersey Camp for Blind Children (Camp Marcella) for 19 years, from 1964 through 1983.

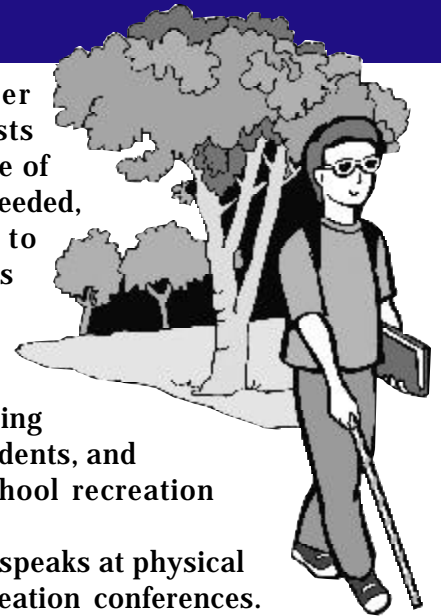
He was one of the founding fathers of the Association of Blind Athletes. He was also the head coach and sports development chairman for the Association of Blind Athletes of New Jersey for ten years.

Monte has served as the Physical Education Specialist for the New Jersey Commission for the Blind since September 1971. In that capacity, he provides In-Services for physical education and classroom

teachers, teacher aides and therapists throughout the State of New Jersey. When needed, he visits schools to assess possibilities for blind and multiply impaired blind students, demonstrating and practicing skills with these students, and consulting with school recreation facility staff.

Monte frequently speaks at physical education and recreation conferences. He is often asked to provide technical assistance via phone or mail throughout New Jersey and other states.

Monte has always been generous with his time and talent regarding recreation for all individuals with disabilities in New Jersey, and the Commission thanks him for his dedication and caring ways. It is Monte's character to "go the extra mile" without question.



**The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived, and lived well. - Ralph Waldo Emerson**



Humor is a perspective that enables onto view stress and pain with a softer edge. Humor can be a therapeutic tool.

The first documented case of humor positively affecting disease was in 1964 when Norman Cousins published "Anatomy of an Illness." Medical professionals were shown for the

spinal connective tissue.

Following the example of Cousins, many health care facilities, as well as corporations, have established humor programming as an aid to patient/employee health. To meet the growing demand for therapeutic humor, Carolina Health & Humor Association (Carolina Ha Ha), incorpo-

## Laugh It Up

rated in 1986 as an educational service foundation. Carolina Ha Ha specialized in humor programming for health care for

business and personal growth.

Humor interventions offer a plan to promote joy and laughter in patients, which offers many positive effects in their recovery. Humor volunteers may engage in yo-yo demonstrations, guitar playing, or just friendly banter that reveals clues to patient humor preferences. These clues can assist recreation staff to key interventions in a positive way.

For additional information, contact Ruth Hamilton or Frank Jeffreys at (919) 544-2370, e-mail is [cahaha@mindspring.com](mailto:cahaha@mindspring.com).





## Olympic Beat

New Jersey based Jet Set Sports is the exclusive corporate hospitality provider for top-level national and international visitors to the Olympic Winter Games and Paralympic Winter Games.

As a community service, Jet Set Sports distributed thousands of complementary tickets to 2002 Olympic Winter Games events to numerous Utah non-profit organizations. It has also provided complementary tickets and otherwise aided Paralympic athletes, as well as art and culture programs and community-based organizations in every Olympic host city for which the company has provided hospitality services, beginning in Sarajevo in 1984.

From the company's sale of tickets on eBay, the Paralympic Winter Games will receive 15 percent of the net proceeds. If bidders paid more than the minimum price, the Paralympic Winter Games will receive that entire amount over the minimum.

The Home Depot is the world's leading employer of Olympic athletes and hopefuls. Since 1982, it has supported more than 270 athletes through the USOC's Olympic Job Opportunities Program. In support of the Salt Lake 2002 Games, it is putting an Olympic twist on the popular Kids Workshop program with three new projects: an Olympic pin collector's board, an Olympic five-ring toss and an Olympic bobsled. Olympic-themed Kids Workshop kits will be available through March 2002 in more than 100 cities nationwide where kids will tie on kid-sized aprons and go to work building the new wooden kits at their local Home Depot.

## F.Y.I.

- ➔ For those of us who live life with a speech disability, **New Jersey Relay Service** offers an opportunity to communicate with friends, family, co-workers, business associates, or whomever we choose to speak with, at no additional cost other than a regular telephone call fee. Communications Assistants are specially trained. To learn more about how a person with a speech difficulty can communicate using a standard telephone, visit the relay website at [www.att.com/relay/nj/](http://www.att.com/relay/nj/) or dial 711, or (800) 229-5746.
- ➔ **The International Center for Disability Resources on the Internet** (ICDRI) can be reached by visiting the web at [www.icdri.org](http://www.icdri.org), by telephone at (919) 349-6661, or Email at [icdri@icdri.org](mailto:icdri@icdri.org).
- ➔ The focus of the **A.D.D. Warehouse** catalog is to help parents, educators, and health professionals assist those individuals with developmental disorders in many ways. Included on the website are live audio conferences, free parent/educator seminars and affiliate programs. Check it out at [www.addwarehouse.com](http://www.addwarehouse.com), or call (800) 233-9273.
- ➔ If you need information on accessibility equipment, contact the **Accessibility Equipment Manufacturers Association**, c/o Terry Nevins-Buchholtz, Administrative Assistant, PO Box 51784, 2445 South Calhoun Road, New Berlin, WI 53151, voice (414) 789-9890.
- ➔ **Gallaudet University's Technology Access Program** (TAP) is a research group dedicated to offer services that eliminate communication barriers traditionally faced by deaf and hard of hearing people. For a wealth of information regarding assistive technology in this field, check out the website at [www.gallaudet.edu](http://www.gallaudet.edu). Click on News and Information, Research, then Technology Access Program. There is also information on Arts and Athletics.
- ➔ For information on mobility assistance such as paratransit services, contact **OnTime** at (800) 858-8463, or visit online at [www.ontimetransport.com](http://www.ontimetransport.com).
- ➔ **A Golden Eagle Passport** is free for the traveler with disabilities. It is a lifetime pass allowing free entrance to all government national parks, monuments and recreation areas. It also gets you a 50% discount on camping, boat launching and parking fees. For more information, call (202) 619-7222.
- ➔ Whether you are interested in starting a new hobby, or an old hand at playing chess, you should check out the **United States Braille Chess Association** (USBCA). Its website keeps tabs on the ranking of its correspondence players and also provides additional links to chess information across the Internet. Web site is [www.crisscrosstech.com/](http://www.crisscrosstech.com/)
- ➔ **The Consumer Product Safety Commission** (CPSC) has a great web site for kids. It can be found at [www.cpsc.gov](http://www.cpsc.gov). You can click on Playground Safety Buddy; Bike Helmets; Safety Basket; Brainbusters, or More Safety Stuff! for new ways to learn and have fun at the same time.
- ➔ There are a number of resources for **Therapeutic Recreation Professionals** on the web. One of them is: [www.recreationtherapy.com](http://www.recreationtherapy.com). There is a menu of 35 different items, from Activities through World TR, plus an Activity Idea Index, and Featured Links.
- ➔ **The National Theatre Workshop** of the Handicapped is a non-profit organization providing people with disabilities the communication skills necessary to pursue a life in professional theatre. Located in Belfast, Maine and the SOHO section of New York City, it offers a variety of programs. For information regarding the Workshop, click on its website at [www.ntwh.org](http://www.ntwh.org).



The following word association puzzle will provide you with some mental stimulation. For each puzzle, choose the item from the three options given that is most clearly associated, either directly or indirectly, with the item on the left. An example: Homer: A. Rome B. Simpson C. Run. Answer: B, because Homer Simpson is a well-known cartoon character. Be careful, some of them are tricky!

1. *Pillory*: A. execution B. payment C. punishment
2. *Harbinger*: A. arometherapy B. late arriver C. Trojan Horse
3. *The First*: A. My Everything B. My Second C. My Best
4. *Special Forces*: A. red cap B. black cap C. green beret
5. *Maiden*: A. Mike Tyson B. Lou Ferrigno C. Hulk Hogan
6. *Makes me stronger*: A. Socrates B. Neitzche C. Nobel
7. *Mensa*: A. Carrera B. Jeremy C. Weigel
8. *Nile*: A. South America B. Jewel C. Frasier
9. *Barney*: A. George B. Mike C. Fred
10. *Milli Vanilli*: A. impromptu B. lip-synch C. Val Kilmer
11. *Garage*: A. sun B. bake C. star
12. *Red*: A. Shatner B. Kelley C. Nichols
13. *Sosa*: A. Cardinals B. Cubs C. Orioles
14. *Hoyle*: A. cards B. chess C. basketball
15. *OPEC*: A. oil B. coal C. asphalt
16. *Jelly Beans*: A. Clinton B. Johnson C. Reagan
17. *Teller*: A. 500 B. cookie C. chef
18. *Widget*: A. Benjamin Franklin B. George Washington  
C. John Doe
19. *Flipper*: A. Oklahoma B. Boise C. Miami
20. *Y2K*: A. bug B. insect C. beetle

Answers on page 6.

## The Childrens Corner

*The United States Fire Administration (USFA)* has a Kids Page. For a recreational/fun/informative challenge, check out [www.fema.gov/kids](http://www.fema.gov/kids). The site includes Games, Quizzes and Challenges, Becoming a Disaster Action Kid, Order FEMA Stuff, Homework Help, Search, E-Mail, Online Safety Rules, Resources for Parents & Teachers, and a Library.

*The Children's Hearing Institute* has announced the 2002 Evelyn Glennie National Music Award Scholarship competition, designed to encourage the pursuit of instrumental music among children who are deaf or hard of hearing. The \$1,000 scholarships are based on accomplishments, interests and involvement of the candidates in instrumental music. The scholarships will be awarded for beginning, intermediate and advanced levels. Candidates must be residents of the United States and must have hearing losses of greater than 75 DB in their better ear.

All entries will be judged by a panel of musicians and professionals working in the field of deafness. Evelyn Glennie, an internationally known concert performer, will make selection of the finalists. She is believed to be the first full time solo percussionist in the world. Deaf since the age of eight, Glennie has delighted her audiences with 100 performances in more than 20 countries throughout the world. Her talents have enabled her to receive numerous awards in the field of music, including a Grammy and the Queen's Commendation Prize for all-around excellence.

Deadline for scholarship applications is April 30, 2002.

Contact: Milissa Willis, Director of Development, Children's Hearing Institute at (212) 605-3794, or e-mail at: [chimelissa@aol.com](mailto:chimelissa@aol.com). Applications may also be downloaded from the Evelyn Glennie website at: [www.evelyn.co.uk](http://www.evelyn.co.uk).

# Do You Have The Chi To Wushu?

Literally translated, “chi” is energy/vital force, “wu” is military, “shu” is art. Wushu is the generic term that refers to different kinds of Chinese martial arts.

Its emphasis has shifted from combat to performance, and it is practiced for its method of achieving healthy, self-defense skills, mental discipline, recreational pursuit and competition.

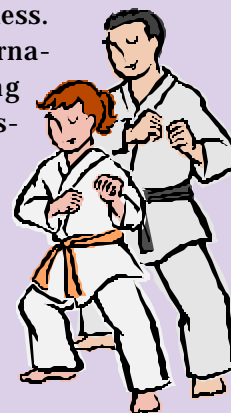
Wushu has become an athletic and aesthetic performance and competitive sport, while “kung fu” or traditional wushu remains the traditional fighting practice.

Wushu is vying to become an Olympic Games event in the 21st century. More information will become available as the year progresses.

Taijiquan/T'ai Chi is a major division of wushu, utilizing the body's internal energy or “chi” and following the simple principle of “subduing the vigorous-by the soft.” Taijiquan/T'ai Chi dates back 1000 years. Taijiquan is Cantonese, spoken in the southern part of China, and T'ai Chi is Mandarin, spoken in the north. Taijiquan/T'ai Chi is a set of movements completely

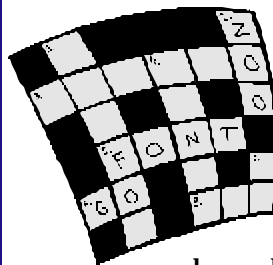
focused on the development of Chi. Persons of any age or physical ability can do the series of 19 movements. They may be adapted to be done while seated, and no special clothing or equipment is required. If you think Taijiquan is not for you, consider the following: it circulates and balances internal energy. Also, the circulation of Chi increases physical energy which in turn increases health and well being, improves balance, physical fitness, flexibility and stamina; and expands creativity and awareness.

For information on US and International Wushu, News, Upcoming Events and Frequently Asked Questions (FAQ's), one web site is: [www.beijingwushuteam.com](http://www.beijingwushuteam.com). For information on Taijiquan, one web site is [www.taichichih.org](http://www.taichichih.org). There will be an educational hands-on session of Tai Chi at the Governor's Conference in May.



## Answers To 'Tis A Puzzlement

1. A pillory was used to punish an individual, so the answer is **C. punishment**.
2. Both harbinger and aromatherapy are misspelled, so the answer is **A. aromatherapy**.
3. The First and **A. My Everything** are both part of the title of the famous Barry White song “You're The First, The Last, My Everything.”
4. **C. green beret** is worn by a member of the Special Forces.
5. The relationship is the word “iron.” Iron Maiden and Iron Mike Tyson, so the answer is **A. Mike Tyson**.
6. “That which does not kill me makes me stronger.” Freidrich Nietzsche. The answer is **B. Nietzsche**.
7. **A. Carrera**. Film star Asia Carrera is a member of Mensa.
8. **B. Jewel** and Nile are part of the title of the movie “The Jewel of the Nile.”
9. **C. Fred** and Barney were friends in the cartoon series The Flintstones.
10. The band Milli Vanilli is infamous for **B. lip-synch** during their performances.
11. Garage and **B. bake** are words that become terms when followed by the word sale.
12. During the television show Star Trek (the original one), **C. Nichols** wore a red uniform playing the character Uhura.
13. Sosa plays baseball for **B. Cubs**.
14. Hoyle is most associated with **A. cards**.
15. OPEC is an organization associated with **A. oil**.
16. **C. Reagan** was known for his fondness for jelly beans.
17. Teller and **B. cookie** are both words that become terms when each is begun with the word fortune.
18. A widget is a general abstract term for an item (used in examples in economics classes and elsewhere), and **C. John Doe** is a general abstract name for a person.
19. Flipper was a dolphin, and there is a football team known as the Miami Dolphins, so the answer is **C. Miami**.
20. The Y2K problem was known as a **A. bug**.



## Exercise For The Mind

Check into the web site [dictionary.com](http://dictionary.com). There are new puzzles every day, crossword and word search puzzles; Says You!, a game of words and whimsy, bluff and bluster; Yahoo Games: Literati and Word Racer; WordScram, and other word games.



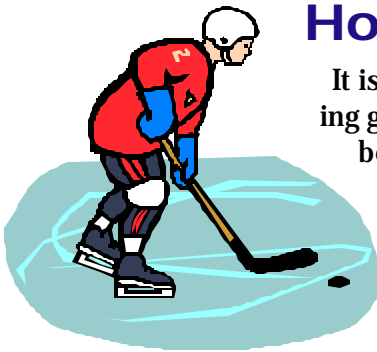
# Kudos To..

✧ *James Thebery, M.A., CSW*, the Director of the Division on Disability Services, has been elected chairperson of the New Jersey state Association of County Offices on the Disabled (ACOD).

Thebery was nominated by the general membership during the League of Municipalities Conference. New Jersey currently has seventeen county offices for the disabled that strive to advance independent living for people with disabilities by providing a wide range of services.

"I am looking forward to Bergen County having an even greater role and enhanced presence at the state level" said Thebery. "The new slate, which includes Alexander Bouno of Monmouth County as vice chair, Kathleen Quish of Atlantic County as secretary, and Lewis Friedner of Camden County as treasurer, is not only reflective of our regional diversity, but includes some of the state's top talents in the field of disability." For additional information on the Bergen County Division on disability Services, call (201) 336-6500.

✧ *The Department of Defense (DoD)* has recognized one of "its own." "...extraordinary accomplishments show the importance of broadening the circle of inclusion," Defense Secretary Donald Rumsfeld was quoted as saying at the presentation ceremony. Edward Weiss was one of the eighteen employees with disabilities who was selected by his organization from among thousands of DoD employees worldwide to receive a secretary of defense certificate for outstanding accomplishments. Even though he has limited dexterity in his shoulders and fingers, Weiss is an award-winning artist. With the help of a special computer program, he hand-tints photographs with oil paint. His work won first place at the 2000 Photography Artability Expo National Show in Malvern, PA, and the 1999 Prince George's County (MD) Artists Association Annual Show. His vocation is also his avocation.



## Hockey Anyone?

It is easy to assume that hockey, an often-bruising game of speed and finesse, is only for the able-bodied. But special needs hockey programs across the nation are proving that the sport is for everyone. Check out these USA Hockey sanctioned programs that help athletes of all abilities find their way into the game.

*The American Amputee Hockey Association (AAHA)* serves athletes ranging in ages from 10 to 51. For more information: [www.amputeehockey.org](http://www.amputeehockey.org). The United States Sled Hockey Association (USSHA) typically serves lower-extremity disabled persons. For additional information contact [www.sledhockey.org](http://www.sledhockey.org). *The American Hearing Impaired Hockey Association* has been in existence since 1973. For more information, call AHIHA at (312) 226-5880 (voice), or (773) 767-3130 (TTY). *Special Hockey International* was established in 1994. It is working to give any mentally challenged child in North America the opportunity to play hockey. For additional information, contact [www.specialhockeyinternational.org](http://www.specialhockeyinternational.org). Reprinted with the permission of American Hockey Magazine, December 2001 edition. Article written by Stacey Hollister.

## Philanthropy at it's Best

Kirk Douglas, the 85-year-old ageless wonder, and his wife Anne, have enhanced the lives of thousands of children. He and his wife read about the poor condition of school playgrounds in the Los Angeles area. They formed a group that has rebuilt and re-equipped 170 of them. They also founded two playgrounds in Israel, both in the Old City of Jerusalem.

The author of eight books, Douglas has been an inspiration to not only children, but also those of us who have faced limitations because of illness. His philosophy has become "reach out and try to think of other people." That's why he admires Christopher Reeve and Michael J. Fox, because they have tried to do something for people with disabilities the two of them have. In his latest book, *My Stroke of Luck*, Mr. Douglas says ".....my stroke taught me so much, and for all that it stole, it gave me even more. We all want happiness. Life teaches us that we achieve happiness when we seek the happiness and well-being of others. What matters in this life is helping others win, even if it means slowing down and changing our course. We all have a handicap-big or small. But we must overcome our hardships to become better people. We must try, we must try." These are inspiring words, indeed.

And in the end,  
it's not the years  
in your life that  
count. It's the life  
in your years.  
- Abraham Lincoln

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Reading is to the mind what exercise is  
to the body. - Joseph Addison



The Office of Recreation does not endorse specific products or programs. It acts as a resource only.

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